

Mussar Leadership Worksheet

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|--------------------------------|---|----------------|--------|
| The middah I am working on is: | Frugality | <i>Keemutz</i> | קְמוּץ |
| This middah is about: | “Be careful with your money. Do not spend even a penny needlessly” (Rabbi Mendel of Satanov, <i>Cheshbon ha-Nefesh</i>). | | |
| My mussar phrase is: | _____ | | |
| My mussar moment is: | | | |
| My haver is: | | | |
| My mitzvah is: | | | |

| My account of this week's Mussar work: | | | | | |
|--|--------|-------|---------|---------|---------|
| | Middah | Torah | Mitzvah | Hevruta | Journal |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

| Middot I worked on this week: | | | | | | | |
|-------------------------------|---------------|---------------------------|--------------------|--------------------------|----------------|-----------------|-------------|
| <input type="checkbox"/> | Equanimity | <i>Menuchat ha-nefesh</i> | מְנוּחַת הַנֶּפֶשׁ | <input type="checkbox"/> | Frugality | <i>Keemutz</i> | קְמוּץ |
| <input type="checkbox"/> | Patience | <i>Savlanut</i> | סְבִלְנוּת | <input type="checkbox"/> | Diligence/Zeal | <i>Zerizut</i> | זְרִיזוּת |
| <input type="checkbox"/> | Order | <i>Seder</i> | סֵדֶר | <input type="checkbox"/> | Silence | <i>Shtikah</i> | שְׁתִּיקָה |
| <input type="checkbox"/> | Decisiveness | <i>Harizut</i> | חֲרִיצוּת | <input type="checkbox"/> | Calmness | <i>Nichutah</i> | נִיחוּתָא |
| <input type="checkbox"/> | Cleanliness | <i>Nekiyut</i> | נְקִיּוּת | <input type="checkbox"/> | Truth | <i>Emet</i> | אֱמֶת |
| <input type="checkbox"/> | Humility | <i>Anavah</i> | עֲנָוָה | <input type="checkbox"/> | Separation | <i>Prishut</i> | פְּרִישׁוּת |
| <input type="checkbox"/> | Righteousness | <i>Tzedek</i> | צְדָקָה | | | | |